

Appl. No. 10/064,466  
Amdt. dated April 21, 2005  
Reply to Office action of January 25, 2005

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

5 **Listing of Claims:**

Claim 1 (Currently Amended): An exercising apparatus comprising:

- a frame;
- at least one surface of the frame moveable for receiving and resisting user generated
- 10 forces;
- a computer fixed to a surface of the frame;
- a flash memory;
- a computer operating system embedded within the flash memory for controlling the computer; and
- 15 a touch operable display device fixed to the frame providing an interface between the user and the computer[[:]] .

Claim 2 (Original): The exercising apparatus of claim 1 wherein the computer is capable of providing and displaying real-time user physical status information.

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Claim 3 (Original): The exercising apparatus of claim 1 wherein the computer is capable of displaying personalized physical fitness training video or personalized physical fitness information on the display device.

25 Claim 4 (Original): The exercising apparatus of claim 1 wherein the computer is capable of displaying user selected entertainment video and information on the display device.

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Claim 5 (Original): The exercising apparatus of claim 1 wherein the amount of flash memory is at least 32MB.

5 Claim 6 (Original): The exercising apparatus of claim 1 wherein the computer consumes less than 8 watts of power when utilizing a local area network or Ethernet cable connection.

10 Claim 7 (Currently Amended): The exercising apparatus of claim 1 wherein the computer is capable of being fully powered by an internal battery power, ~~by power originating from an external source,~~ or by power generated by the motions of the user.

Claim 8 (Original): The exercising apparatus of claim 1 wherein the display device is a Super-VGA LCD display.

15 Claim 9 (Original): The exercising apparatus of claim 1 wherein the display device is waterproof.

Claim 10 (Original): The exercising apparatus of claim 1 wherein the display device is tiltable.

20 Claim 11 (Currently Amended): The exercising apparatus of claim 1 wherein the computer is capable of wireless communication ~~using an 802.11b or 802.11a wireless LAN protocol~~ with a network.

25 Claim 12 (Original): The exercising apparatus of claim 1 wherein the computer is capable of internet access.

Claim 13 (Original): An exercising apparatus comprising:

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- a frame;  
at least one surface of the frame moveable for receiving and resisting user generated forces;  
a computer fixed to a surface of the frame;  
5 at least 32M of programmable read-only memory;  
a touch operable display device fixed to the frame providing an interface between the user and the computer;  
a computer operating system embedded within the memory for controlling the computer and display device;  
10 a first source of entertainment media; and  
a second source of real-time user physical status information;  
wherein the exercising apparatus is capable of simultaneously displaying user selected entertainment media and the real-time user physical status information on the display device.

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Claim 14 (Currently Amended): The exercising apparatus of claim 13 wherein the computer is capable of wireless communication ~~using an 802.11b or 802.11a wireless LAN protocol~~ with a network.

- 20 Claim 15 (Original): The exercising apparatus of claim 13 wherein the display device is a Super-VGA LCD display.

Claim 16 (Original): The exercising apparatus of claim 13 wherein the display device is waterproof.

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Claim 17 (Original): The exercising apparatus of claim 13 wherein the computer is capable of Internet access.

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Claim 18 (Original): The exercising apparatus of claim 13 wherein the computer is capable of being fully powered by an internal battery power, by power originating from an external source, or by power generated by the motions of the user.

- 5 Claim 19 (New) The exercising apparatus of claim 1 wherein the computer is fully functional independent of a network connection.

Claim 20 (New) The exercising apparatus of claim 1 wherein the computer operating system is commercially available.

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